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Wife Assault

Let's
break
the
silence.

This pamphlet can help you
to help yourself.
It can help you to help someone else.

Are you being hurt by
your husband
or your boyfriend?

Do you know someone
who is being assaulted?

Do you hurt your wife
or girlfriend?

Is the person you love
hurting you?

Is he threatening to
hurt you?

Do you feel trapped
or scared?



This is
wife abuse.
You can
get help.

What is wife abuse?

The terms wife abuse or wife assault are used when a man hurts or threatens a woman he is in a relationship with.

Wife assault, including sexual assault, is against the law.

Sexual assault is:

- forcing a woman to have sex against her wishes;
- making her do sexual acts that she doesn't like.

Wife abuse also includes emotional abuse.

Emotional abuse can include:

- insulting a woman;
- threatening to hurt her;
- treating her badly in front of others;
- blaming her for things that are not her fault;
- controlling where she goes and what she does.

If a man is abusive it is because he wants to have power and control over his partner.

All kinds of women are being abused – young, old, disabled, pregnant, poor, rich, immigrant women and women who were born in Canada.

Women are abused every day.

Abuse can start with a slap and end in murder.

Children who see violence in their home may remember it for the rest of their lives.

**This abuse must be stopped.
Women have the right to be safe.**

If you are a woman who is being abused:

It is not your fault.
Nobody deserves to be abused.

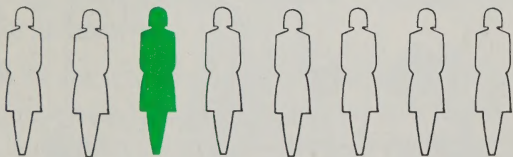
Abuse does not go away – it almost always gets worse.

- Talk to someone you trust.
- Your doctor may be able to help.
- Call the “Wife Assault Helpline.”

You can ask the telephone operator for the “Wife Assault Helpline” in your area. It should also be in the white pages of the telephone book.

- Call a women’s shelter or a women’s centre. (See back of this brochure.)

If any person you talk to makes you feel that the abuse is your fault, keep trying until you find someone who understands.



**At least 1 in 8 women in Canada is abused
by her husband or boyfriend**

Where can you go for help?

Shelters for women and children.

A shelter is a safe place to rest and plan for your future.

You and your children can stay there and get the help that you need. Your children can still go to school.

Shelters are free.

They are open 24 hours a day, 7 days a week.

Even if you don't plan to leave your home, you can call a shelter just to talk.

The shelters and telephone helplines in Ontario are listed at the back of this brochure.



Police

It is against the law to physically assault someone. It is against the law to sexually assault someone.

No one has the right to assault you, not even your husband or boyfriend.

The police can arrest and charge the man who is assaulting you.

The police have a duty to help women who are being assaulted.

If the police do not charge your partner, you have the right to ask them why.

You can also ask a Justice of the Peace to lay charges. Your shelter or Wife Assault Helpline can give you more information about this.

Lawyers

You have rights. You can find out what they are.

If you leave your husband or boyfriend you should get legal help.

You may be able to get legal aid or help from a legal clinic if you can't pay for a lawyer.

It is very important to get legal help if you have children or if you are not a Canadian citizen. A lawyer can give you advice about custody or immigration.

If you are in danger go with your children to a safe place now.

You have the right to take your children with you.

You can get legal help later.

Why do some women stay with their partners?

Our society makes it very difficult for women to leave men who abuse them.

A woman may feel that she has to stay for reasons such as:

- She fears for her life. Her partner threatens to hurt her or kill her if she tries to leave.
- She cannot afford to move out and support herself.
- She feels responsible for keeping the family together.
- She wants the children to grow up with their father.
- Relatives and in-laws want her to stay.
- He makes her feel guilty and tells her the abuse is her fault anyway.
- He takes away her confidence, so she doesn't think that she can make it on her own.
- He promises to never beat her again and he begs her to believe him.

It is important for her to remember that she cannot stop his violence.

He is responsible for his own behavior.

Why do men batter?

If a man is abusive, it is because he wants to have power and control over his partner.

- He may believe that men have the right to control women.
- He may have learned that it is okay to use violence at home.
- He may feel that he can't handle the problems in his life.
- He may feel powerless.
- In the past, it was easy for men "to get away with" abusing women.

None of these things make it okay for a man to abuse his wife or girlfriend.

**There's
no excuse**

WIFE ASSAULT

**It is a
Crime**

Our society must show that we will no longer accept violence against women.

Is there help for men who abuse women?

Yes. If you are a man who has trouble dealing with your anger, talk with someone.

You can join a help group for men who abuse women. These groups are listed at the end of this pamphlet.

You can call a Distress Centre listed in your telephone book.



You are responsible for what you say or do.

Your wife or girlfriend did not “make” you hit her.

You can change the way you act.
There is no excuse for abuse.

What can we all do?



Talk to others about wife abuse.

If you hear or see a woman being hurt,
call the police.

Let her know she is not alone.

Listen to her and show her that you
believe her.

Help her get in touch with a shelter.



We should all care about wife abuse—
it is not a private family matter.

**Wife assault is a crime!
Break the silence.**

Help For Women

Most of these services are available
seven days a week, 24 hours a day.

Some of these services are also
available in French.

<u>Name</u>	<u>Telephone</u>
Alliston My Sister's Place	(705) 435-3835 1-800-461-5419
Atikokan Atikokan Crisis Centre	(807) 597-1447 1-800-465-3348
Aurora Yellow Brick House	(416) 773-6481 (416) 727-1944 1-800-263-3247
Bancroft Maggie's Resource Centre	(613) 332-3010
Barrie Women & Children's Crisis Centre	(705) 728-6300 1-800-461-1716
Blind River Mississauga Family Resource Centre	(705) 356-7800 1-800-461-2232
Bracebridge Muskoka Interval House	(705) 645-4461 1-800-461-1740
Brantford Nova Vita Women's Shelter	(519) 752-4357 1-800-265-0764
Brockville Leeds & Grenville Interval House	(613) 342-8815 1-800-267-4409
Cambridge Family Crisis Shelter	(519) 653-2422
Carleton Place Lanark County Interval House	(613) 257-5960 1-800-267-7946
Chatham Chatham-Kent Women's Centre	(519) 354-6360 1-800-265-0598
Cobourg Women In Crisis Centre	(416) 372-0746 1-800-263-3757
Cornwall Maison Baldwin House	(613) 938-2958 1-800-267-1744
Dryden Hoshizaki House	(807) 223-3226 1-800-465-7221

<u>Name</u>	<u>Telephone</u>
Eganville Avoca Interval House	(613) 628-2522 1-800-267-8827
Elliot Lake Women's Crisis Centre	(705) 461-9868 1-800-461-4623
Foxboro Three Oaks Foundation	(613) 966-3074 (613) 966-3075 1-800-267-0533
Geraldton Geraldton Family Resource Centre	(807) 854-1571 Zenith 81450
Goderich Survival Through Friendship House	(519) 524-6245 1-800-265-5506
Guelph Women In Crisis/Marianne's Place	(519) 836-5710 1-800-265-7233
Haileybury Pavilion Family Resource Centre	(705) 672-2128
Hamilton Hamilton Native Women's Centre Hope Haven Homes for Family Abuse Inasmuch House Interval House of Hamilton-Wentworth	(416) 522-1501 (416) 547-1815 (416) 529-8149 (416) 547-8484
Hawkesbury Maison Interlude House	(613) 632-1131 1-800-267-4101
Kapuskasing Habitat Interlude	(705) 337-1122
Kenora Kenora Family Resource Centre Women's Place Crisis Line	(807) 468-5491 1-800-465-1117 (807) 468-7233
Kincardine The Women's House of Bruce County	(519) 396-9655 1-800-265-3026
Kingston Kingston Interval House	(613) 546-1777 1-800-267-9445
Kitchener Anselma House	(519) 742-5894

Help For Women

Name

Telephone

London

London Battered Women's
Advocacy Clinic

(519) 432-2204

Women's Community House

(519) 439-4543

1-800-265-1576

Marathon

Northshore Family Resource
Centre

(807) 229-2222

1-800-465-3307

Mattawa

Mattawa Family Resource
Centre

(705) 744-5567

Matheson (Black River)

Canadian Mental Health
Family Resource Centre

(705) 273-2339

Midland

Rosewood Shelter

(705) 526-4211

1-800-461-1750

Milton

Halton Women's Place

(416) 878-8555

1-800-387-4027

Mindemoya

Haven House

(705) 377-5160

1-800-465-6788

Moosonee

Omushkegiskew House

(705) 336-2456

Niagara Falls

Nova House/Niagara Women
in Crisis

(416) 356-5800

North Bay

Nipissing Transition House
Ojibway Family Resource
Centre

(705) 476-2429

(705) 472-3321

Orangeville

Hillside House Family
Transition Place

(519) 941-1433

1-800-265-9178

Oshawa

The Denise House/Sedna
Women's Shelter

(416) 728-7311

1-800-263-3725

Higgins House

(416) 576-8880

Ottawa

Helpline (English)

(613) 745-4818

Ligne-secours (French)

(613) 745-3665

Interval House Of

Ottawa-Carleton

(613) 234-5181

La Présence

(613) 233-8297

Maison d'Amitié

(613) 234-7204

<u>Name</u>	<u>Telephone</u>
Owen Sound Grey-Bruce Women's Centre	(519) 371-1600 1-800-265-3722
Parry Sound Esprit Place	(705) 746-4800 1-800-461-1707
Pembroke Bernadette McCann House for Women	(613) 732-3131 1-800-267-4930
Peterborough Crossroads I	(705) 743-4135 1-800-461-7656
Crossroads II	(705) 743-8922 1-800-461-7656
Red Lake New Starts for Women	(807) 727-3303 Zenith 21800
St. Catharines Women's Place	(416) 684-8331
St. Thomas Women's Place	(519) 633-0155 1-800-265-4305
Sarnia Women's Interval Home	(519) 336-5200 1-800-265-1412
Sault Ste. Marie Women in Crisis	(705) 759-1230
Simcoe Haldimand-Norfolk Women's Shelter	(519) 426-8048 1-800-265-8076
Sioux Lookout Women in Crisis Sioux/Hudson/North	(807) 737-1438 1-800-465-3623
Southwestern Ontario SOS Femmes (French)	1-800-387-8603
Stratford Optimism Place	(519) 271-5550 1-800-265-8598
Sturgeon Falls Sturgeon Falls Family Resource Centre	(705) 753-1154
Sudbury Genevra House	(705) 674-2210 1-800-461-0133
Thunder Bay Beendigen House Community Residence Faye Peterson Transition House	(807) 622-5101 (807) 625-2430 (807) 623-6600 1-800-465-6971

Help For Women

Name

Telephone

Toronto

Anduhyaun Residence	(416) 920-1492
Assaulted Women's Helpline	(416) 863-0511
Interval House	(416) 924-1491
Red Door Battered Women's Shelter	(416) 462-9750
Shirley Samaroo House	(416) 249-7095
Women in Transition-Spadina House	(416) 967-5227
Women in Transition-Bloor House	(416) 533-1175

Toronto Area

Downsview

North York Women's Shelter	(416) 635-9630
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Etobicoke

Women's Habitat of Etobicoke	(416) 252-5829
	(416) 252-5820

Mississauga

Interim Place	(416) 271-1860
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Scarborough

Emily Stowe Shelter for Women	(416) 264-4357
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Wawa

CHADWIC Home	(705) 856-2848
	1-800-461-2242

Welland

Women's Place	(416) 788-0113
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Winchester

Naomi's Family Resource Centre	(613) 774-2838
	1-800-267-0395

Windsor

Hiatus House	(519) 252-7781
	1-800-265-5142

Woodstock

Women's Emergency Centre	(519) 539-4811
	1-800-265-1938

Groups for Men Who Abuse their Partners

* shows groups that are available in French

Name

Telephone

Ajax-Pickering

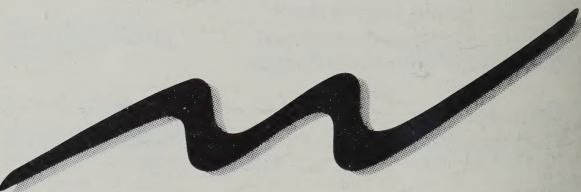
New Choices	(416) 683-3451
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<u>Name</u>	<u>Telephone</u>
Belleville The Men's Group Another group is also available in Belleville. See your doctor for a referral.	(613) 967-1721
Brampton The Men's Group The Men's Group	(416) 450-1608 (416) 453-7890
Brantford Options to Violence	(519) 753-4173
Brockville Stop Taking It Out On Your Partner (S.T.O.P.)	(613) 345-3792
Burlington Re Visions	(416) 637-5256
Caledon See Brampton	
Cambridge The Men's Group	(519) 621-5090
Chatham Crossroads	(519) 354-6221
Clinton Group Delta Against Family Violence	(519) 482-3933
Eganville Men's Project	(613) 628-3145
Guelph Family Violence Treatment Program	(519) 824-2431
Hamilton The Men's Group The Men's Group	(416) 527-2002 (416) 527-3823
Keswick Resolve	(416) 884-7140
Kingston Alternatives	(613) 548-7499
Kitchener The Men's Group	(519) 743-6071

Groups for Men

<u>Name</u>	<u>Telephone</u>
Lindsay Response	(705) 328-0472
London Changing Ways	(519) 438-9869
Madoc Men Against Abuse	(613) 473-4247
Napanee The Men's Group	1-800-267-7877
Newmarket Resolve	(416) 884-7140
North Bay *Alternatives for Men/ Programme pour hommes violents *may also be available in French	(705) 472-6515
Orangeville Hillside House Family Transition Place	(519) 941-1433 1-800-265-9178
Oshawa New Choices	(416) 579-0622
Ottawa New Directions	(613) 233-8478
Owen Sound Group for Abusive Men	(519) 376-2121 Ext. 2460
Peterborough The Men's Spousal Assault Group	(705) 743-8331
Richmond Hill Resolve	(416) 884-7140
St. Catharines The Men's Group	(416) 684-1223 (416) 684-0644
Sarnia Commitment to Change	(519) 336-0120
Sault Ste. Marie Therapy Group for Violent Men	(705) 759-2756

<u>Name</u>	<u>Telephone</u>
Simcoe Group for Abusive Men	(519) 426-8390
Smiths Falls Lanark Abuse Management Program (L.A.M.P.)	(613) 283-2170 1-800-267-7951
Stratford Family Violence Treatment Program	(519) 273-1020
Sudbury Genevra House – Reflections	(705) 674-2210 (705) 673-4446
*The Violence Program/ L'intervention auprès des familles victimes de violence *available in French and English	(705) 674-5456
Thunder Bay First Step Program	(807) 623-2218
Timmins *First Step/Groupe pour hommes violents *available in French and English	(705) 267-7333 (705) 267-7344 (705) 268-6839
Toronto Anger Management Anger Management Focus Opportunity	(416) 927-8500 (416) 362-2481 (416) 636-9963 (416) 392-8664 (416) 979-6833
Toronto Area Islington Anger Management Scarborough Anger Management Willowdale Anger Management	(416) 622-3133 (416) 291-8446 (416) 225-1166
Windsor Fresh Start	(519) 252-7781
Woodstock The Men's Treatment Program	(519) 539-1276 (519) 539-1277



Ontario
Women's
Directorate

480 University Ave.
2nd Floor
Toronto, Ontario M5G 1V2
(416) 597-4500

107C, Johnson Ave.
Thunder Bay, Ontario
P7B 2V9
(807) 345-6084